

I'm  
**DELILAH**  
THE DAIRY COW

# OCTOBER

2019

**GOOD  
EATS AT**

**EAST  
TEXAS  
FOOD  
BANK**

**SPECIAL  
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



This product was funded by USDA.  
This institution is an equal opportunity provider.

**M**

Meal 7  
BBQ Chicken Cup  
Crackers  
Educational Cookies  
Mandarin Oranges  
Sunflower Kernels  
Juice  
Milk

**T**

Meal 8  
Swiss Cheese  
Beef Stick  
Corn Chips  
Applesauce  
Sunflower Kernels  
Juice  
Milk

**W**

Meal 9  
Bacon Cheese Cup  
Pretzels Sticks  
Crackers  
Applesauce  
Sunflower Kernels  
Juice  
Milk

**TH**

Meal 10  
Mozzarella Cheese Stick  
Beef Stick  
Salsa Cup  
Corn Chips  
Sunflower Kernels  
Juice  
Milk

**F**

Meal 6  
Wow Butter w/ jelly  
Honey Graham Crackers  
Cheez-its  
Peaches  
Juice  
Milk

Meal 7  
BBQ Chicken Cup  
Crackers  
Educational Cookies  
Mandarin Oranges  
Sunflower Kernels  
Juice  
Milk

Meal 8  
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Corn Chips  
Applesauce  
Sunflower Kernels  
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Meal 9  
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Crackers  
Applesauce  
Sunflower Kernels  
Juice  
Milk

Meal 10  
Mozzarella Cheese Stick  
Beef Stick  
Salsa Cup  
Corn Chips  
Sunflower Kernels  
Juice  
Milk

**NATIONAL  
SCHOOL  
LUNCH WEEK**  
**OCTOBER 14-18**

[SquareMeals.org/NSLW](http://SquareMeals.org/NSLW)

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Wow Butter w/ jelly  
Honey Graham Crackers  
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Milk

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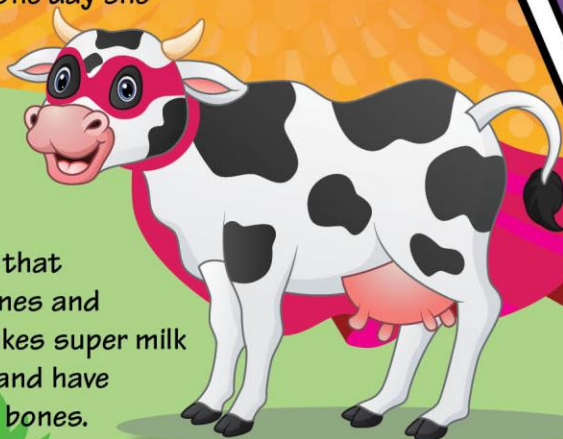




# DELILAH THE DAIRY

Cow

Delilah the dairy cow loves wildflowers that grow in the field. One day she found a beautiful, glowing daisy that looked so good she had to take a bite. The glowing daisy gave Delilah an invisible shield that protects her bones and body. Delilah makes super milk for kids to enjoy and have healthy, strong bones.



## FUN FACT

Texas dairies produce enough milk to fill the AT&T stadium, home of the DALLAS COWBOYS, 1.5 times!

## WHAT TO KNOW

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

## YOGURT PARFAIT

### Ingredients:

- 3 cups vanilla non fat yogurt
- 1 cup fresh or defrosted frozen strawberries, sliced
- 1 pint fresh raspberries, blueberries, or black berries
- 1 cup granola

### Instructions:

1. Scoop 1/3 cup of vanilla yogurt into the bottom each of 4 tall glasses.
2. Combine sliced strawberries and juice with fresh berries.
3. Alternate layers of fruit, granola, and yogurt until glasses are filled to the top.
4. Serve parfaits immediately to keep granola crunchy. Makes four servings.

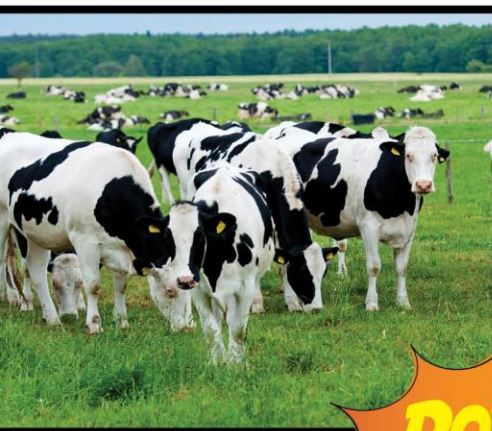


DELILAH'S  
**FAVORITE  
ACTIVITIES**  
Soccer and Reading

## DAIRY SOURCES

Dairy products help build strong bones so you can grow up healthy and mooove fast. Three daily servings of dairy products are recommended for school age children.

Sources of dairy: milk, cheese, yogurt



**POW!**

**SUPER**  
Invisible Shield

## JOKE OF THE MONTH

Q: What do you call a cow that doesn't give milk?

A: a milk dud!



Sources: Texas A&M and Agrilife Extension

